

## **Analisis tugas ahli gizi ruang rawat inap RSUPN Dr.Cipto Mangunkusumo, Jakarta**

Kusindrati Sudibyo, author

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### Abstrak

#### **ABSTRAK**

Instalasi Gizi merupakan salah satu unit pelaksana fungsional di RSUPN. Dr Cipto Mangunkusumo, melaksanakan 4 kegiatan pokok yaitu: pengadaan makanan, pelayanan gizi ruang rawat inap, penyuluhan/konsultasi gizi dan rujukan gizi serta penelitian dan pengembangan gizi terapan.

Disadari bahwa jumlah ahli gizi di RSCM sejak tahun 1993 hingga 1996 tidak pernah sesuai dengan yang dibutuhkan untuk suatu Instalasi Gizi rumah sakit tipe A. Sejalan dengan hal itu berdasarkan laporan kegiatan tahun 1993-1996, hasil pelayanan gizi ruang rawat inap terlihat menurun. Oleh karena itu dilakukan suatu penelitian cross sectional yang bersifat deskriptif analitik mengenai hal-ha1 yang berkaitan dengan pelaksanaan kegiatan melalui analisis tugas ahli gizi di ruang rawat inap.

Sampel penelitian adalah semua ahli gizi (12 orang) yang ditempatkan di ruang rawat inap. Variabel penelitian dilihat dari 3 aspek :1) terapi gizi , 2) pelayanan makanan dan 3) aspek lain-lain.

Dari hasil penelitian didapatkan bahwa 50% tugas ahli gizi di ruang rawat inap berkaitan dengan aspek terapi gizi, 20% aspek pelayanan makanan dan aspek lain-lain 30%. Kegiatan aspek terapi gizi tampaknya sudah memadai dengan standar dan prosedur pelayanan gizi, hanya dari segi kuantitas terlihat masih rendah. Kegiatan aspek pelayanan makanan ada yang dilakukan setiap hari, 1 kali/minggu maupun 1-2 kali/bulan seperti dinas libur di dapur utama. Sedangkan kegiatan aspek lain-lain berkaitan dengan peningkatan pengetahuan, pendidikan dan pertemuan rutin.

Saran yang diusulkan :

- 1.Perlu adanya penyempurnaan uraian tugas ahli gizi ruang rawat inap.
- 2.Merinci kegiatan yang harus dilaksanakan dalam bentuk kegiatan harian, mingguan, bulanan.
- 3.Meninjau kembali ketentuan 5 hari kerja/minggu bagi ahli gizi di ruang rawat inap.
- 4.Perlu disiapkan formulir evaluasi kegiatan untuk menilai prestasi kerja ahli gizi ruang rawat inap.

Bahan bacaan : 36

#### **ABSTRACT**

Dietitian's Job Analysis In The Ward of Dr. Cipto Mangunkusumo National Central General Hospital, Jakarta Dietary Department is one of functional unit in dr. Cipto Mangunkusumo National Central General Hospital, which performs four main activities : food services, nutritional care for patients in the ward, dietary consultation, research and development in applied nutrition.

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Total dietitians in RSCM from 1993 to 1996 was not never fit with the need of Dietary Department of type A hospital.

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Based on the Dietary Department report from 1993 to 1996 the tendency of nutritional care for patients in the ward decline.

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For reasons mentioned above, descriptive analytical cross sectional research was held in order to know the related things of job through dietitian's job analysis in the ward.

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Research samples are 12 dietitians in the ward. The variables research consists of 3 aspects: diet therapy, food services and others.

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The results of this research are: first, 50% aspect of diet therapy; second, 20% aspect of food services and third, 30% others aspect. The activity of diet therapy aspect is good because it has met the standard and procedure of nutritional care, except that the quantity of this aspect is still small.

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The activities of food services is done every day, once a week, once or twice a month as is work in the holiday in the main kitchen. While other aspects are related with the increase in knowledge, education and routine meetings.

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The recommendations are:

1. The job description of dietitians in the ward needs improvement.
2. The activities that must be done should be in details such as daily, weekly and monthly activities.
3. Five work days a week should be reconsidered for dietitians in the ward.
4. Evaluated activities form should be prepared in order to evaluate the work performance of dietitians.

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